

Product Name	Cheez It made with 9g Whole Grain
Flavor Descriptor	
NLI Description	School Edition - production
Brand	SUNSHINE



Date Created	01-03-17
NLI #	12816
Kosher Status	OK-D
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	9

Serving Size	1 Pouch	
Serving Size g	21	
Serving Size oz		
Amount Per Serving		
Calories	100	
Calories from Fat	30	
		% Daily Value*
		% Daily Value*
Total Fat	3.5 g	5 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Polyunsaturated Fat	1.5 g	
Monounsaturated Fat	0.5 g	
Cholesterol	<5 mg	1 %
Sodium	150 mg	6 %
Potassium		
Total Carbohydrate	14 g	5 %
Dietary Fiber	1 g	5 %
Soluble Fiber		
Insoluble Fiber		
Sugars	0 g	
Sugar Alcohol		
Other Carbohydrate		
Protein	2 g	
Vitamin A		10 %
Vitamin C		0 %
Calcium		10 %
Iron		4 %
Vitamin D		
Vitamin E		
Vitamin K		
Thiamin		
Riboflavin		
Niacin		
Vitamin B6		
Folic Acid		
Vitamin B12		
Biotin		
Pantothenic Acid		
Phosphorus		
Iodine		
Magnesium		
Zinc		
Selenium		
Copper		
Manganese		
Chromium		
Molybdenum		

**Ingredients:**  
 WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), WHITE CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, CONTAINS TWO PERCENT OR LESS OF SALT, CALCIUM CARBONATE, PAPRIKA, YEAST, PAPRIKA OLEORESIN FOR COLOR, TURMERIC EXTRACT FOR COLOR, ANNATTO EXTRACT FOR COLOR, BHT FOR FRESHNESS, VITAMIN A PALMITATE, SOY LECITHIN.

**ALLERGEN INFORMATION:**  
 CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Product information can change at any time.  
 Always refer to product package for current nutrition and ingredient information.

Julia M. Jursinic, MS  
 Sr. Director, Nutrition Labeling & Regulatory Compliance  
 Kellogg Company

Nutrient Contents Per 100g			
Calories	455	Vitamin A	2390 IU
Calories from fat	140	Vitamin C	0 mg
Total Fat	15.6 g	Calcium	476.2 mg
Saturated Fat	4.1 g	Iron	5 mg
Polyunsaturated Fat	6.7 g	Vitamin D	0 IU
Monounsaturated Fat	2.7 g	Vitamin E	0 IU
Trans Fat	0.3 g	Thiamin	0.52 mg
Cholesterol	11 mg	Riboflavin	0.26 mg
Sodium	718 mg	Niacin	4.7 mg
Potassium	239 mg	Vitamin B6	0.02 mg
Total Carbohydrate	67.1 g	Folic Acid	87 mcg
Dietary Fiber	5.9 g	Vitamin B12	0 mcg
Soluble Fiber	0.5 g	Pantothenic Acid	NA mg
Insoluble Fiber	0.7 g	Phosphorus	224 mg
Sugars	1.1 g	Magnesium	52 mg
Sugar Alcohols	NA g	Zinc	1.8 mg
Protein	12.4 g	Copper	NA mg
		Manganese	NA mg
		Selenium	NA mcg
		Moisture	2.5 %
		Ash	2.4 %

NA = values do not exist or are incomplete.			
GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
000 24100 79263 4	Case	175 - 0.75 oz pkgs	175